

The image features a soft, golden-hued background with a misty or hazy atmosphere. In the foreground, several tall, slender reeds or grasses are visible, their thin stalks reaching upwards. The overall composition is minimalist and evokes a sense of calm and natural beauty.

REEDS

HEALTH CLUB & SPA

WELCOME

Our Spa is somewhere you can relax, unwind and forget...even if only for a few precious hours. Our therapists specialise in a wide range of treatments to meet your every need.

To book a treatment please contact Reeds Health Club & Spa on the contact numbers provided and let us take you into another world!

ELEMIS

ANTI AGING FACIAL TREATMENTS

Elemis Pro-Definition Lift and Contour £55

Treatment time - 60 mins

Restore the architecture of your face with potent plant actives; for a profoundly, sculpted youthful effect.

Elemis Pro-Collagen Age Defy £55

Treatment time - 60 mins

Experience the age-defying benefits of marine-charged Padina Pavonica whilst targeted massage encourages optimum cellular function.

Elemis Dynamic Resurfacing Precision Peel £55

Treatment time - 60 mins

This highly potent couture resurfacing treatment targets the signs of ageing and dull, tired, uneven skin tone.

Elemis Skin Booster Facial £35

Treatment time - 30 mins

Perfect for a lunch-time or early evening 'quick fix', these facials are uniquely designed for maximum results in minimum time. Add on your beauty essentials such as manicure, wax or eyebrow shape for a complete package.



ELEMIS

SKIN SOLUTIONS FACIALS

Elemis Superfood Pro-Radiance Facial £55

Treatment time - 60 mins

Energise and detoxify stressed, dull skin with a nutritional superfood boost. Leaves skin plumper, radiant and lit up with good health.

Elemis Biotec Sensitive Skin Soother Facial £40

Treatment time - 60 mins

Oxygen infusion and red light therapy improve the skin's ability to repair itself. Calmness is restored and skin soothed.

Elemis Anti-Blemish Matify and Calm Facial £40

Treatment time - 60 mins

Matify and combat oil and shine whilst restoring micro-circulation. A deeply detoxifying treatment which leaves skin bright and clear.

Mini Facial £25

Treatment time - 25 mins

The ideal treatment for those who are short on time but still appreciate the need to be pampered. The skin will feel refreshed, soothed and revitalised.

Upgrade to our Elemis skin booster facial for £10

Scalp Massage £25

Treatment time - 25 mins

Ease tension instantly with this deeply soothing head massage. This massage also strengthens the hair and restores vitality and shine.

Hopi Ear Candles £25

Treatment time - 25 mins

An ancient therapy to help relieve sinus congestion, headaches and to aid relaxation. Can improve co-ordination and help with minor hearing impairments.

BODY TREATMENTS

Elemis Deep Tissue Muscle Massage

1hr **£52** 30 mins **£36**

Treatment time - 1hr or 30mins

Elemis Targeted Toning Tightener

£49

Treatment time - 90 mins

A powerful blend of massage and detoxifying clay for targeting toning and improved Circulation.

Elemis Intensely Cleansing Salt Scrub Lime and Ginger or Frangipani

£35

Treatment time - 30 mins

A deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest most nourished skin.

Elemis Body Nectar Nourishing Wrap Sweet Orchid or Frangipani

£55

Treatment time - 60 mins

Intensive moisturisation for a thirsty skin. An emotionally grounding experience for skin that has never felt silkier.

Full Body Massage

£45

Treatment time - 55 mins

Designed to ease muscle tension, relieve stress and promote general well being.

Back Neck and Shoulder Massage

£25

Treatment time - 25 mins

A shorter massage, so that you can pop in, de-stress, and face the rigours of the world again.

Aroma Candle Massage

£55

Treatment time - 55 mins

A unique massage using warm oil melted from a specialist massage candle

Baby Bump - Mother To Be

£69

Treatment time - 1 hr 15 mins

A complete face and body treatment to target skin concerns during pregnancy. Working on the skins elasticity, it helps to reduce the appearance of stretch marks and comforts tired legs, whilst relaxing the body from top to toe. Not to be taken in the first trimester.

Hot Stone Therapy Full Body Back, Neck and Shoulders

£55

£35

Treatment time - 25 mins - Back, neck and shoulders

Treatment time - 55 mins - Full body

A unique therapy using heated volcanic stones combined with massage to melt away the stresses of life. Works on a deep level to aid muscle relaxation, joint mobility and improve circulation.

St Tropez Spray Tan

£25

Treatment time - 25 mins

St Tropez is the first choice for professional and beginners the world over because every product creates a natural beautiful even tan. Perfect for holidays and party occasions.

MANICURES & PEDICURES

Express Manicure/Express Pedicure **£25**

Treatment time 25 mins

An essential tidy up of the hands or feet which includes nail shape, cuticle work and hand or foot massage. The treatment is concluded with an application of either a coloured polish or a Nailtiques formula.

Luxury Manicure/Luxury Pedicure **£40**

Treatment time 60 mins

The nails are shaped and the hands or feet and cuticles are intensively moisturised through the use of a nourishing mask and heated hand mittens or booties. The nails are painted with either a coloured polish or a Nailtiques formula.

French Manicure Supplement of **£5**

As above plus an additional 15 minutes

Colour Polish/French Polish **£12.50/ £15**

Treatment time 20 mins/ 30 mins

Male Manicure **£25**

Treatment time 25 mins

Manicure for men with matt nail strengthener

CND NAILS

The world's colour expert has perfected the Gel Manicure. The CND Gel System ensures incredibly durable, chip-free manicures for up to 2 weeks with superior shine.

Including Nail Shape and Gel Application **£25**

Treatment time 40 mins

Including Manicure and Gel Application **£35**

Treatment time 50 mins

Gel Nail Removal **£10**

Treatment time 30 mins

WAXING USING PHD

A temporary hair removal method which is quick, effective and lasts between 4-6 weeks.

Full Leg Wax	£22
Half Leg Wax	£15
Bikini Wax	£9
Back Wax	£17
Forearm	£9
Underarm Wax	£9
Lip or Chin Wax	£5
Chest	£15

BROW & LASH

All tinting requires a patch test 24 hours prior to treatment.

Eye Brow Shape	£9
Eye Brow Tint	£7
Eye Lash Tint	£12
Brow and Lash Tint	£15





SPA DAYS

Spa Day 25

From £25 per person

No treatment included

Includes full use of the leisure facilities, tea or coffee on arrival and lunch. Plus 10% discount off treatments pre-booked directly with the spa.

Spa Day 39

£39 per person*

Treatment time 25 mins

Includes full use of the leisure facilities, lunch and a soft drink, a choice of 1 treatment from either express manicure/pedicure, mini facial or a back, neck and shoulder massage.

Spa Day 49

£49 per person*

Treatment time 50 mins

Includes full use of the leisure facilities, lunch and a soft drink, a choice of 2 treatments from either express manicure/pedicure, mini facial or a back, neck and shoulder massage.

Spa Day 99

£99 per person*

Treatment time 1hr 40 mins

Includes manicure, pedicure, 25 minute massage, 25 minute facial, lunch and a soft drink, together with full use of the leisure facilities.

Baby Bump Spa Day

£70 per person

Treatment time 1hr 15 mins.

A complete face and body treatment to target skin concerns during pregnancy. Working on the skin's elasticity, it helps to prevent the appearance of stretch marks and comforts tired legs, whilst relaxing the body from top to toe. Not to be taken in the first trimester. Includes use of the leisure facilities, lunch and a soft drink.

Bridal Package

£149

Mini Facial, 25 minute back, neck and shoulder massage, eyelash and eyebrow tint, Shellac application on fingers and toes, wedding make up trial and application on the day.

Bridal Makeup

Make Up - Trial and Application

£75

Make Up (no Trial) - Ideal for Bridesmaids

£40

* Saturday and Sunday, add an additional £10.

SPA BREAKS

1 Night Spa Break

Includes Overnight Accommodation with 3 course dinner in the hotel restaurant, full English breakfast, 1 x 25min treatment each, full use of the leisure facilities and complimentary use of robes and slippers.

2 Night Spa Break

Includes Overnight Accommodation with 3 course dinner in the hotel restaurant, full English breakfast, 2 x 25min treatment each, full use of the leisure facilities and complimentary use of robes and slippers.

Romantic Getaway

Includes Overnight Accommodation with 3 course dinner in the hotel restaurant, full English breakfast, 1 x 25 min treatment each, and a bottle of house wine in the room with fresh fruit and dipping chocolate. Full use of the leisure facilities and complimentary use of robes and slippers.

Mother to be Spa Package

Includes Overnight Accommodation with 3 course dinner in the hotel restaurant, full English breakfast, 1 x Mother to be treatment and Partner gets 1hr full body massage and express facial treatment, full use of the leisure facilities and complimentary use of robes and slippers. Can only be for the 2nd trimester and post-birth.

Group Getaway / Hen Party

Includes Overnight Accommodation with 3 course dinner in the hotel restaurant (in private room if available), full English breakfast, lunch with a glass of wine, 1 x 30min treatment each, full use of the leisure facilities and complimentary use of robes and slippers.

ELEMIS Upgrade any of your spa experiences to Elemis products for just £10

Overnight Spa Breaks from £89.50 per person, based on 2 people sharing.

To book a Spa Break call 01509 672518 or visit our website www.yewlodgehotel.co.uk

BEAUTY BOOKING & TREATMENT ADVICE

We require 24 hour notice if you would like to cancel an appointment. 50% charge will be made for non-cancellation of appointments. Credit Card details are taken to secure a booking.

Some treatments are not recommended during pregnancy or with specific medical conditions and if you are unsure, please contact us.

Arrival

We advise our guests to arrive for day packages 30 mins prior to your appointment so that we can register your arrival at reception, after which you are welcome to use the leisure facilities to unwind. Please come to the health club reception 10 mins prior to your appointment to register and complete our health questionnaire. Arriving late will deprive you of precious minutes of your spa treatment.

Gift Vouchers

Gift Vouchers are available to solve those 'buying dilemmas' for that special occasion, anniversary, birthday or special treat!

Reeds
Health Club & Spa



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NEW YORK ITALIAN
BY MARCO PIERRE WHITE